M 1744 NC

Sunday, December 28, 1969

Lunch and Coffee at the Barn

Well, I am glad that all of us are here. I don't know if I would call you brave but there is something very nice about seeing you regardless of conditions of the weather & whatever other difficulties there may have been. I am glad to be here myself, taking a little longer than I thought. I would have been back by Friday but Brewster was really quite bad... and drifting over... and up to 4/5 feet high of snow; the actual snow fall I think was about 2 feet, maybe a little more but.... we are here. Maybe the indication of wanting to come here is a very good one. That is, it is a combination for me for the activities over the whole year, and of course we will talk about the whole year; because this is, and probably at coffee, maybe the last time this year, not having a regular New Year's Eve meeting. And one goes back in memory... where were we last Christmas and what was there of the Barn... and how many people where there and who is still here and who is new... and who has dropped away. And now we meet with difficulties on the part of Mother Nature, beautiful as it maybe, one becomes engaged in it, and it is terribly difficult, when you battle the snow or when you sit in a car and ~~that~~ you have to watch out for smooth ice, it is very difficult to remember yourself. Because everything that is then needed of your ordinary outside life is engaged in, let's say, maintaining, or at least or perhaps even fighting. And what is then left for inner life.

I was trying to think about that in coming here this morning. What is really the meaning of such an event like a blizzard and icy snow and glittering all over and not being able to see really clearly then only light...and we are so unused to see light...we want to see shadows because shadows for us means perspective and light is something that we really don't know at all. The attempts that sometimes we make by looking at the sun are deleterious and harmful for us because we are still on earth. If you look at Mother Nature as a whole and you might say then sending this to us and we become engaged, it is exactly the same as if a group of us were suffering together because of some calamity and that the bodies of us which represent earth also experience certain things as a whole like, let's say, like a famine or like a disease or like zilnotrago. Affecting all of us and our bodies and how then we would be fighting for our lives, fighting for the maintenance of a body. We fight against nature to allow us to continue the way we wish to do industrially with cars, with everything that we are used to, because we don't like the interference of Mother Nature... because we say we are cultured... and we have a civilization... and we don't go along with her. We oppose her. We don't go along like if we were out on the route somewhere and had enough provision to live for a little while. I think we would let it snow, and wait until the sun would come or the sky would clear and then we would again be in communication with the earth. We have to learn that I think; we have to learn to take the experiences of the group as a whole, not necessarily that it is one's own experience, it is a group experience, and it brings out of course in the first place the wish to maintain a group, the wish to maintain one's body. To wish to see that that what we have set out to do is still going to be accomplished. But one should not oppose nature, one should simply as we then say maybe "make the best of it". For let's hope that we can be flexible enough to adapt ourselves to it and that when we go

through difficult periods — like the life of the Barn every once in awhile will offer, and the difficulties that are caused by different members of a group, sometimes not knowing what they are doing, sometimes quite stupid, sometimes brought within themselves and then behaving morosely, wanted to be with themselves only and not to profit as it were by the group as a whole. And perhaps, in certain instances, it is justifiable but at the same time when something of that ~~kind~~ comes to any one individually and he belongs to a group, there ought to be something in the group to help him to maintain himself but he has to ask for it, because if he is left by himself he behaves like an animal and he will go around wherever he wishes to go then, and exclude himself from the rest of the animal kingdom. But the fact that a human being is not an animal is only shown by that what has been created among people as a group and then can become useful for the maintenance of one's life and to be able to overcome the difficulties that all of us then suffer. It will give coherence among us. It will give a unification of purpose. It will make the realization that we are here trying to cooperate or to create something much stronger for all of us — and as we seat here then and we still eat and we are together... and look at the snow outside and we work and we keep on working... that what is needed for that time is to remember your inner life and, as I said, it is extremely difficult when Mother Nature gives us an example of that kind.

It is extremely difficult when the group as a whole is sick. Then to maintain oneself for the sake of being able to understand what is the sickness and not to be affected by all of that but to do the best we can to help to overcome it, not to let each person die by himself in his own little corner. This is really I feel, particularly at the end of a year, a very important question to consider. How much have we gained in solidarity. How much do all of us as a whole realize a purpose. You see it's lovely when

I come here and there... the road is cleared... by hand... because the machinery broke down a little bit but, someday, I would come back, and then there should be a road.

Many thoughts have gone through me in the last days... of supposing I did not come back... supposing this was now the last... and ~~that~~ you were already on your own. Because accidents, of course, could happen and they could help bring about that kind of a situation. Where ar you then... What is there as solidarity among you now. Because part of this is still momentum. We have arranged we would come Saturday and Sunday and of course we do as well as we can and in the eyes of oneself and the eyes of other people we are a little bit heroic, and also primitive life applies to us then and we can get along in hardship, and we have pride, and all of that is quite right, because that is the beginning of solidarity. It's start with that what are our particular attributes and our traits of character.

When a group is fighting for the maintenance of an inner life many times that what is outer world becomes as if nothing, if one keeps on keeping an aim. And I hope we understand it that way, that that aim as to be maintained regardless of the difficulties that the outside world will bring us and regardless of the difficulties that are inherent in the members of a group when they join together in their outer life sometimes working only and perhaps not having the time or even the energy to think about the possible development of something else. This is the way Mother Nature teaches us, to show how we are attached to our bodies. That is that you feel every once in awhile that perhaps you are free. You are absolutely bound and don't ever make a mistake about that. The bondage remains as long as you keep on breathing the atmosphere of the earth, even if the atmosphere may contain certain material that you could use emotionally and that is

of course needed for the formation of an emotional something within you, you keep on with 90% breathing in ordinary air oxygene and hydrogene and that what you want to digest which could become a building block for your kesdjan body, of the so-called noble gases -- the gases that are chemically not to be attached to a reaction, that they will not react, be reacted on in the atmosphere of the earth but could react in the atmosphere of an emotional level -- we don't extract from it. Every once in awhile in air, when it is pure, Mother Nature gives a little bit of an idea what it would be, let's say, in forest, for instance, when the air is clear and every once in awhile you see it, it is little bluishly tinted, it is ozone. Ozone chemically is different from oxygene. Oxygene has two molecules, ozone has three, and it has a much higher combustion quality. It burns you up quicker but it belongs to a sphere which is already a little different from ordinary earth. It is in the direction of such gases like ozone which will indicate for us what it might be if we could live on noble gases alone. We will not. When there is light it is too much. When there is a reflection on the snow which has turned to ice it bothers your eyes already much too much so that you cannot see clearly. As I said, one was used to shadows and the shadows are in a group. The shadows are caused by our presences, by the way we are with our body, by the way we happen to be created on earth, by the tendencies we have acquired, by that what is the body for us as a carrier of that what should be of a higher kind of a level. But every once in awhile, and maybe sometimes much too often, we are stuck on the appearance and we still cannot believe that something could exist within that form which is of a higher value. We are constantly affected by that and that is why I say we are constantly affected by the conditions of our body and the body of someone else, the manifestations and the behavior forms of whoever it maybe, it does not make any difference, even the voice is included in that, even if the intentions are beautiful and lovely they don't always come out

in the way that one wants and then one stares oneself blind, not knowing how to get around it because there is that barrier of material form and one cannot see through it. What is needed is to create within oneself something like a self-starter, which of course is the means by which one starts to work so that there is something in oneself as a result of a wish and a configuration within oneself that then there is this wish being translated into a desire to work on oneself and to create something else. It's exactly the same when one says I cannot stand the manifestations of someone, that something is created like a magnetic field within oneself, so that that what takes place starts to glow and starts to radiate from a person so that he can then like a Xray penetrate through the form and then can actualize for himself an experience of a realization of something else existing. This is solidarity of a group. This is the basis of love for each other. This is the only way by which that what is form can become transparent in the eyes of someone else. This is the only road by which magnetic center can be reached. And the result is... a possibility of giving on the part of the person who is in that way transformed or converted or sometimes even to use the German word " begeister " that is, that he is"spirited" in his changing because of the influence of someone else, that then he can see clear and the transparency from the outside looking at a certain person for that person becomes translucency so that then that what is there as kernel as that what makes him alive can then be expressed. Because one has to get rid of these kind of obnoxious ideas about behavior forms. One had to get rid of all the different things that now we maintain because of a blizzard and that we take shelter in order to protect our bodies. And what would really be the sense of maintaining it and not having that what is inside. What are good words and good works without love. What is there that we call a form without a spirit. What is there as a human being without that kind of essentiality of life. All these kind of

things went through me in the last 3 or 4 days when I had time to think a little bit. I intentionally did not take any tapes with me, no particular material than just a few letters. And there was time. Time and an atmosphere created by Christmas, time which was there because of little children and, you might say, a celebration in getting together as a family and experiencing a level of giving and at the same time one can be tremendously lonesome.

I thought of you many times here. I thought of this year, what it may have meant. The hopes we have with which we start out and sometimes the conditions being quite different so that the hope cannot be maintained and the dexterity one should have in adapting the hope, in principal, to a different kind of a form. And so we go into a new year, ahead of us. I have tried to emphasize in the last couple of months this particular period of taking account of yourself. Really to consider what is the possibility of your soul living in what atmosphere you have created. What is it that you wish, really that you want to do with your life as it now is presented to you and as it now has grown and for what you have worked, at least to what extent you have tried to understand the meaning of objectivity. How much objectivity is now connected with your inner life and with the possibility of your soul. How much have you been willing to do, to sacrifice for the purpose of maintaining inner life so that when blizzards come that not everything is taken away from you because you happen to shovel snow and it engages all your attention. So that when a person is angry that you do not fall into the same state. That you are not too critical at times but that you will try to understand each other, why the criticism... and not to say it cannot be helped or when one is, I say, a little bit thoughtful and turned within that one then closes all doors and does not want to open anything so that it is ... "not open"... and that is then the last word. Never be in such a state that the last word is a negativity. Never give

up the hope for the possibility, I call it every once in awhile, a miracle of something happening unforeseen. Pray for it. Make actually... make yourself go down on your knees before you fall asleep. Be as a child asking the Lord for help. See what it is that you can extract from religion, from that what is really your life as a value in relation to eternity. What is it that you want, we talk about that now. Still the whole year, still time to make resolutions. Still to take to heart thatone saying that the door will never be closed, because I have patience as a guide which keeps it open all the time regardless of how narrow the little door is on the jar as light that can creep in, as wind that can come in, as atmosphere from the surrounding can come in. That the looking for oneself towards that what is the beginning of one's translucency is that what is the effect of someone else trying to make you transparent. If the love is of that kind, if the love can actually penetrate all the different obstacles which are in the way as behavior forms and idiocyncraties and non-entities—this causes you every once in awhile suffering because you have no means, you don't know yet how to find the key and you don't know even where the lock is— constantly keeping in mind that the love of God is worth more than anything else on earth.

I hope you will have a good afternoon. We'll have coffee at 5:30 as usual and if you want to come upstrairs, I'll play a little bit.

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COFFEE, 5:30 PM

We call this now the last meeting of the year. Where is David Orton? (here), good I am glad ~~that~~ you came. I just read your little note this afternoon so I assumed that you had come. And Andrea, where are you (overhere), in the dark. And who just came in... Ruthie. Good. No movements tonight (yea). How many minutes have we left on that cassette? (about 20 perhaps 30). So we can make it a good question and answer evening. Maybe certain questions accumulated. I understand ~~that~~ you had a meeting last night. Were there any questions left unanswered or clear or not clear or continuation... what is it you would like to talk as if it is, well it surely is the last chance as far as I am concerned for this year. One always should live as if tomorrow you won't be here. But you also could live as if tomorrow you could ask different kinds of questions. And that determines a great deal then what kind of questions you should ask now. Because if one, in living and trying to wake up, if one wants to try to determine what it would be to be free, and if that indicates a freedom of the body, then one must question besides what is the body for and why does it hold me here, also what would I be without a body, and what could be the question then, what question I would then be concerned with if tomorrow I would have to ask different kinds of questions in a different kind of a language. Because we constantly have to learn how to translate a physical language into an emotional one. And it's really like the study of two different languages which you start to compare, and where you go from one language to another. Very much like Gurdjieff does when he uses a word and then explains how the three brain-beings, who interest you, would express it in their language. What is it that we can already, when we have a language of behavior or a language of words

or certain concepts and ideas in your intellect, how can you translate them into a different kind of a language...having still the same kind of a meaning but the kind of words or the way they are expressed in the communication as to be of a different form. The only possibility for ever doing this, ifever it were possible, is that the aim all the time must be the same. And if the aim for which reason we now speak and what we use in ordinary life, if that is an aim that belongs to ordinary life, it is the kind of a language that cannot be translated. It can be re-stated in different ways by the usage of different words and even logical connections but what the aim is, when one uses words which have to do with the welfare of one's physical body or which have to do with ordinary life and relationships, expressed in an ordinary way, mostly in a way of... physical... physical expression, physical contact, physical form, all that kind of a language really does not belong to a higher level of being because we are finished then with the body, and our task is to translate the words that now belong to the physical world and which represent even in a physical existence an aim which is not primerily physical but which has to do with the possibility of heaven, to find the words which then could belong to that kind of an aim. So for that reason, many questions are already excluded. That is, if you want to draw the line it has to be drawn at a place where you are no longer interested in that what is ordinary manifestation but you become interested in the manifestation which has to do with a different kind of a level so that gradually the physical expression becomes converted into one which could suffice for the time being for entering into an emotional world, and this is the kind of questions, the kind of questions that we should have when we talk about work because the aim is to reach a higher level and the questions should be concerned with what to do at a higher level or what should we do being on this level to reach that higher level. You see immediately

that arguments or putting things in words in order to be convincing or words that are used for explaining or that simply have a relation so that what one is in a certain way, being a result of one's conditioning that they, by themselves, have really not much value but then only a description of the instrument with which we have to work. And that from then on knowing once and for all that the instrument is that, dull as it may be, that that we then only have that and nothing else. Then the question becomes really a different one. Because here we have already an indication of certain things that I say.. I wish to create an "I" in order to help me and to become a guide. I even think about concepts of eternity, or what would God be if I could assume that he could come down to me and be with me or that I could walk with him. What would the influence be of such ideas on me not even personified in the form of God, or that what I simply say with my mind when I talk about Endlessness. What is it now that such a concept which really has nothing to do with the existence of earth, I want to find a form for it, and for that I must eliminate more and more certain expressions that have only to do with, you might now call it "peace on earth". What one wishes after Christmas, having settled the birth of an idea which can give one the possibility of growth which by being born and then conceived, rather as birth having gone through the conception of a preparation, has then become alive under the influence of the stars or perhaps admired by the three wise men who came from and then in circumstances which perhaps may not be fitting at all for the possibility of inner life, that from then on it is really that a dice is cast if one takes Christmas seriously... and that the preparation period before again the first of the year in which you throw old shoes away and you will fit into new ones, that you have to find out what is there of the old vocabulary which need not be used any longer because it has been already so monotonous for a long time. That what one calls the day of atonement at the end of a

year... that is what one does then to... wipe away all debts, that is to give what everyone seems to believe every once in awhile is still owed to one, and that at such a time you scratch it off the slate, you start with a clean slate and your life then in the new year as to take on a different kind of a form with the same content of that what was born. One has to learn a new language in the new year. One has to understand that that what has brought one to the end of a year must now be used in a different form because the content should remain the same. The intention, the wish to really wake up, to find oneself on the road having in mind the building of a soul. Seeing constantly ahead of one the particular aim that one strives for, and then to try day after day to make certain things which belong to that and which incorporate then that kind of a language. It is not a language of spiritual world. It is a language that already belongs to us partly as a feeling center is in a man where it is necessary to deepen it, in the first place, and in the second place to enlarge it. The deepening is fairly easy dependent on one's experiences in life. But the question of enlarging one's world that is extremely difficult. Because we are so bound by the world we have lived in and instead of becoming larger mechanically it becomes smaller also mechanically. Because things are made much too easy and because of that the energy that is being spent even for the maintenance of one's life is not increasing, it is decreasing. That is why events of snow and a little hardship and a little bit of cold and near work and getting water from a distance and not having all the facilities at home, all of that is very good. One has to learn in this life much more than one thinks. Because you have an idea that after some time you will know all of it and all it will become is repetitious. It will be like that if you remain uncounscious but when you set out on the road of trying to wake up the world will increase in size and you will have more experiences which will belong to

you. And you must take them for yourself. You must make them part of you because only in the increase of the world will you be able to include the different things which at the present time as yet do not belong to you.

Again I come back to always that same question: how to increase the world -- by means of living other people's life and in the right way. How to enlarge one's own life. How to have the different factors of the different people one is interested in and for which one is willing to do certain things in a certain way. How can they profit by what is the increase of my own world and what is the place they should have in my world. You see in the first place I would almost say such things go on in silence. They first must form within oneself. The inner world is still my own. I have no right as yet to give away too much of it because the beginning of the language I am dependent on just a few letters, and I cannot just throw them away a little bit as one says that "pearl should never be cast before swine" and although they may not be "swine" there may be not enough people to appreciate and even if they so-called appreciate they may not know what to do with it. I think it is a long time before one knows how to help other people. One has to have a tremendous amount of experiences of one's own. One must know what has been the effect in the past in wishing to help and seeing results. One has to be able to distinguish how sometimes certain things are asked or also how certain things are given and what the influence is that one has on other people and that there has to be that kind of a control, to know what is right, not only the enlarging of one's world but the allowance of someone else to enter into your own world. This is very difficult to know because one starts from the highest and then gradually ends up with that what belongs to earth. Your world starts to be enlarged first by an emotional reason, that is that one believes that there is something of a higher nature which one calls God and one wishes God to enter into one's world. This is the beginning of a development of one's inner life. One thinks about that at the end of the year because you have to take an accounting, you have to consider yourself, you have to see what you have done.

You must know what you were responsible for. You must know what kind of statements you have made. You must know what kind of influences you have had. You must remain responsible for that and if they have gone the wrong way you must undo them because that is then the task that you find in honest accounting what is the truth about yourself. The truth must always be based on that what you believe in for the future, for the Glory of God. I use that term simply to indicate that it cannot belong to me, it cannot belong to oneself because that what is myself as I am on earth is already taking care of. I can add a little bit more to the well-being of my body, and I can also add a little bit more to my knowledge and I can enjoy it and I can say I wish feeling, emotion, I want to share, I want to have this, I want to have that but all of that is not inner life. Inner life is without a house now. It just happens to be a little bit of something that we feel, we feel deeply and for which not even room has been made in one's heart because the heart belongs still to the physical body and there is not as yet a command to prepare a kind of a mansion within the heaven of one's heart. This is a requirement I feel that a person at the end of a year when he considers what he has done and that he wants to take the responsibility for all his doings that he then must accept also the fact in truthfulness to admit that certain things were not right. That kind of honesty is very difficult to come by and when one wants to consider it without having any desire to explain it away or to consider it from all angles and come to a truthful interpretation and not allow your mind to take away the finesse of your heart.so that your emotions are not going to be disturbed by too much questioning on the part of your mind... and that you mind being facile as it is, is being used as an ersatz for that what should remain reality for oneself when one wants to go on the road of honesty. That is why I say that it is so

difficult and that is why it will take so long. There are certain advantages that it takes so long. In the first place, one is not equipped as yet to take hold of that what is the truth. The truth, if you knew it, would kill you. You would not be able to stand it. You can have suffering because of glimpses of truth and such things one does not really want to consider because they hurt too much and then the mind becomes a little save for the wound. The truth is in your heart and when it hurts there is a wound which the mind tries to soften and partly gloss over and wants to protect and invents a coating of dishonesty. When a man grows when he wishes to go on the road of development towards an aim, when he wants to consider a new year as an opportunity, he must start out very gently with himself. He has to question that that what sometimes he sees may not be entirely the right road or that what he says about himself may not be entirely the truth. One has to keep on questioning because sometimes we also exaggerate and we become every once in awhile a little bit too much like a who wants to suffer because he thinks then that in suffering he will reach God a little quicker. Life is normal. Life can be taken even with peace after Christmas but life must be accepted continuously... not haphazardly... not one day a little bit and the next day, forget about it. You have to establish for yourself a certain way of behavior in which you will allow the process of the conversion of language to take place and to which then gradually is added more and more knowledge so that gradually there is a stirring up of oneself into a bowl of life in which all the different forms of behavior take their place and their proper place and are brought up from the bottom by means of the spoon when you keep on stirring it... and don't use a mechanical contraction because it may go too fast. Stirring the bowl of oneself in which there is life is comparable to the steamering of a stew. When you bring it to the boil too quick there is no chance

that the different parts of the vegetables have actually recognized each other. There has not been time enough to penetrate, there has not been allowances enough even for the little vegetable to suffer because of the presence of some acid which desolves it. All of that requires a temperature at even keel like when one sails one does not want to tack and you don't want to stand still but you want to have a certain even peace and a pace at which you operate and you find that your life can be every day in that sense the same. The same wish each morning to be able to wake up and to say "Yes" to the day as it will unfold itself and during the day to be reminded of your aim striving towards that what is infinity and is as yet not reachable, and that at the end of the day, you put down your head also in peace having done whatever your tasks may have been and not to accuse yourself and disturb your sleep. You need your physical sleep but you also need your daily tasks. You must know by this time what you are worth. You must know yourself well enough. You have had enough opportunities to see yourself. You have to come to certain conclusions about what you think you can do and about things that you, at the present time, say I cannot do but you must not put a stop to the possibility of becoming something that you are not now but which you now think that never will be within your reach. Sometime ago I talked about the different types of the zodiac and how necessary it is to assume that one gradually is affected by the different types as they are now represented by other people the same way as that what takes place in accordance with astrological rules in sociology that I have to take such influences on me and gradually that that what is originally my type becomes a little bit mellowed first by the type that was before and then what was after and gradually the opposite and reading more and more my own horoscope I will find out the unity of the three influences of the sun and the rising sign and the moon. But you see this takes time. Why do you think that

Gurdjieff had 27 idiots. Simply because he felt that in describing them all types would be represented as 3 times 3 times 3. That there is definitely a possibility that each person could find out what he would be and with all the little subcenters he could reach 81 which is an impossible kind of thing for an ordinary man but we could do certain things about 3 times 9... and that for that reason whatever you chose yourself to be you thought that was it perhaps unconsciously, that gradually in search for the truth you came to a realization that certain things were not entirely belonging to your type but that they really belonged to something much simpler than originally you thought; that sometimes one would make a mistake and then believe that type #18, idiot #18 was so high up in the scale so that in your conceipt you believed that that was you and then a command came that you had to go through all the types, all the idiots, until finally you would reach the commun denominator, an ordinary idiot, just an ordinary idiot, in simplicity, a simple human being who really did not know very much that only that he had to keep on breathing in order to keep alive and that he had to take care of himself the way it is ordained by Mother Nature. To take care that certain things keep on fonctioning and that the body and the feeling and the mind also need not have any trash any longer in the form of dirt... but that one keeps on purifying oneself until the simplicity is reached of an ordinary kind of a man, just a simple one who is starting out then in life with the acquisition of conscientious knowledge. This is the way it went. This is the way we tried. This is why I say that a person could become a man for all men when he himself becomes an allman-man. But it is necessary for him to learn to understand what someone else is, even if he himself is not as yet equipped to understand it fully that at least there is the wish to want to understand it. This I feel is what you should do for the next year. You should utilize now the kinds

of information that you have about yourself. You should try every once on awhile when the spirit moves you to make a list with your mind and to see what there is as characteristics and traits of your character, to see perhaps if you could define it in a certain way without becoming to intellectual about it... and that even if you want to use an emotional state of yourself not expressable in words that you can put a question mark or an exclamation or even a comma or that what maybe a semi-colon as if something is in you finished and you are through with it and the next part of the sentence is on a different level. If you can consider this kind of year that we have had and principally I would say now life of yourself in connection with work because I do believe that in your experiences in ordinary life that much you could have and probably have profited by... but it not so clear I would think... I think it is clearer if attempts have been made to try to work on yourself and that the opportunity for being that or rather that you are reminded as meetings or in some tapes or in some gathering or physical work here or in activities belonging to this Barn or in relationships you have with people, partly perhaps even whom you have married and where there is then the possibility of further growth, always keeping in mind that that what you have profited by in this year now could be accumulated in some way or other and it could become for you a source of information and insight. I think it is necessary to consider life as we now know it, in a semi-unconsious state life as we see it every once in awhile that we lift the veil of mechanicality sometimes and one says it is more essential and that what really should give me strength is belief in the existence of an inner something that is not measured by the terminology of the words as used on the earth. That every once in awhile in looking at that, writing it up, seating, quietly considering, communing with yourself, really to see what is the truth for yourself and the determination that you will want to make. That you will admit that you did not know everything. That you will have to

admit that growth is still possible. That sometimes maybe your eyes will open a little bit but the argumentative ideas of your mind close them immediately. That you will dare every once in awhile to stare with your eyes in the face of the truth. Nor for too long because the truth is like the sun and it might burn you a little, we talked about that, but in.. retrospect, maybe then the sun is not as strong, it is still clear enough, it is still possible that if you consider what you have done or the relationships or whatever you have said whatever it is that was lacking whatever you feel that should be done and should have been done or perhaps you have an idiotic idea that you could have done, that then you put it down again and again and again and you pray so that maybe such things that are outstanding for you and you know really you should come to grip with, maybe you can write them down, you put them in your pocket, take them out. If you wish take a task for each month. We had a couple of years of that kind. Some of those who were at that time in groups will remember certain characteristics, certain idiocyncraties of oneself, certain what you might call ordinary kind of features. Not the chief feature as yet. Only to state them for oneself during a month and each month having a different kind. Twelve months in which there was of course a mixture of the different things but without having to do anything. But then the following year, each month again was supposed to be a fight to see what could be done with that kind of a tendency... to overcome it or to encourage it. I wish you would devide your life up in certain sections like there are weeks, like there are certain days. I wish for a little while that you would consider what is Saturday, the day of Saturne, what is Wednesday, Mercurios, what is Monday, Mooriday... and that on such a day you start to consider for that day what are your characteristics in connection with that, if you know something about it, if you want to find out... if you really could live then in accordance with a little bit of

a cosmic scale which has already been provided for you as the Law of Seven expressed in time duration, so that then maybe you become a little more serious about your life. So that you don't have to seat all the time waiting but that it gives you a chance to do something on a certain day and that there is a possibility of the utilization of that what is your talent, your talent on earth so that it will make you realize that your talents are connected now with your feet. The talents will only become obvious to you when that what is in your mind and your feeling as talent becomes operative in the execution and in the adapting of your hands, in the flexibility of your hands, the dexterity which you can acquire. For that reason I have said, Christmas make things... and many of you have. I haven't looked at all the different kind of results. they will come in time. I will look at them.. I will see what you have been doing. I know, it is very good. I am glad about it. I am glad you have taken certain things to heart in that way and I also hope that you have profited by because that was the reason we wanted to do it and that you feel that your conscience could be satisfied in your attempt -- but you see that what you are now, whatever it is that your life represents as a personality, whatever goes by your name, whatever is attached to your age, whatever there is of experience whatever there might be already of maturity whatever it is that you are going to do next year in 1970, what will it be fruitful in what way, in what direction... and that once and for all you make up your mind that you are not going to stare yourself blind on the things you haven't got... because that will be just exactly the wrong thing. You can wish for Infinity without defining it, you can wish for an inner life which starts to grow without knowing how it will grow up because who will tell you, but that there is something stirring in you as I said before as if you stir up your life and that all the different things belonging to you will come to the surface and that at

the day of atonement you skim them off as dross in order to purify what is left maybe as a liquid maybe further evaporation maybe necessary, who knows what has to be taking place in your life, who knows what you have to go through. Thank God that you don't know it because maybe you would not want it at all then. But it goes day after day gradually the lifting of the veil for truth so that not all of a sudden you are confronted with the nakedness of yourself. Because you have to become free. You have to know what you are. You have to know that that what you are at the present time most of the time is not worth a damn when it comes to Saint Peter who looks at you and who looks at you with penetrating eye and who can see through you. I do not know if it ever was mentioned how Gurdjieff looked... because you felt in front of him that there were no particular lie that you could hold on to... but that there was something, you said... this man he knows... he may not say it but he knows definitely, and in the presence of him what I am really like a little speck of dust. Of course there are exaggerations about that and the longer one waits after the death of a person the more the legends will grow... and that sometimes in thinking about it I maybe a little bit stupid that I try to remember things which really did not exist. But as far as I know now such things did exist and I know that the presence of looking at him was one of great benevolence but quite definitely knowledge and no maybe. How difficult it is to live one's life. How difficult is it to know exactly how to be at anyone time. How difficult it is that we have to define to be a man in such way that it is a person who will know at anyone time what to do and can consider that what he is able to do with what is his ability, and that what is the result of his doing on someone else for whom perhaps he has a feeling and that then he, in that what he wants to show, that what is shown is right for the other, for his growth. This is the criterium and that I say is so difficult because we are led so often

by that what we would like to do ourselves, what we would wish, what we think is right so that it will apply to someone else. Many times we think that we are entitled to show our anger and leaving it simply as a result on someone else that they have to digest whatever we are so that I feel I have a right to be the way I wish to be. I say it is very difficult, one can with authority "be" but then one must also take the consequences. How can one each day of one's life take a balance of that what has happened during the day and see if there is peace in your body and your feeling and in your mind. How can there be peace within yourself when the opposing forces are still active. How can one find out what is holding it when you try every once in awhile to relax. Where are the points of your body where there is such a difficulty. Where is the accumulation of the day in the form of tenseness so that when you try to relax you cannot get passed it. Where is it usually between your head and your heart because that is where the conflict takes place knowingly or not knowingly, that is where unconsciously you will find a great difficulty if you wish to relax and not always will it be possible by just moving your head a little bit and your neck so that it will be released. Sometimes one calls in the help of someone who like an outsider giving a certain shock and perhaps by massaging can help you to get the blood stream between the two points of your mind and your heart going again so that there is more possibility of exchange. What will you do next year, what are your plans regarding work here. What is it that you wish to do in your life. To what extent can you connect your life with being here. When will you call a halt to that what you say for yourself you have profited by and that then you say but now it's enough, I must leave. Because you have to consider these questions. This Barn is not going to be for-ever and ever for everybody. It will have to be for a certain time, for some people. You have to know when to come, you have to know also when to leave. You must

profit now because you will leave. You see if you know that there is an aim and that that aim has an end you will work. When you make a vow even the vow is for your life until you die. But when you take on a promise and a task it is only for a certain length of time so that then there is going to be freedom. When you come to the Barn you only come for a certain period in your growth. During that time you extract whatever you can dependent on what you are, how open, how desirous... how possibilities can pass by and not being taken... and still noticed so that next time you will be open and make the possibility an actuality in your life. There is a certain length of time you must consider, this is what I want to do within this time length. Perhaps that you can extend it a little bit providing that you are conscious enough to know that the different things you might have considered first did not actually work out the way you thought they might and a little bit more of an addition is needed. You may start out with a 5 year plan and end up with being here 10 years. I do not know sometimes what might be right. Gurdjieff when he considered the different people who were with him prevented some of them to stay and chase them away for their own sake. It may have been extremely difficult at such time even for Gurdjieff himself but Gurdjieff taught, he was not... just a living creature. One has to learn what is right and what is wrong for a certain length of time here. You have to see what you are going to do for next year in order to extract to the fullest what is there available for you at this time. Don't try to bite off too big a piece! Because you cannot digest that... and don't think you have to be lean now already when your desires are still so much connected with wanting to fill yourself up. Fill yourself up until you find out when you should become lean in your health. Do whatever you think is right for you in accordance with your honesty and don't let anyone, and I say not anyone, prevent you from doing what you honestly believe to be the right thing to do. Go ahead

and experience. All I ask is don't be a fool if you possibly can help it so that from whatever you might do will incur a variety of different things for which you have to take the consequences and for which you are not at all prepared. The suffering on earth is most of the time made by yourself not understanding yourself and not understanding conditions or simply having an idea hoping that luck will be with you or that something will happen unforseen maybe but always in the right direction... so that you will not be hurt. I am telling you, you will be hurt by that kind of mechanicality, you will be faced with certain problems that you cannot face and then happy-go-lucky going into it you will suffer and sometimes will suffer like hell. It is right that you see these kind of things so that you grow up with an idea of... let maybe careful and tenderly and carefully, soothingly, to know what is right,what to do, so that I won't slide, that I won't skid off the road. You have a weight to carry like a car has a weight. That has momentum when it goes. Your life has already a momentum. Your life has already different kinds of machineries in motion. Your life has already a mind and a little feeling and it is already used to certain chanels through which it flows and there is life flowing through it and it is accustomed by this time to follow the habitual way of a pattern which is your personality. Try to see it then try to find out if it will lead to that where you want to go. See what your tendencies are. Do it per week, per month, per year, I do not care how you do it. Whatever the tendencies are of yourself, I don't care what they are, it is your affair to find out, I have no judgement, it does not make any difference to me... only I warn you to consider it to make sure that you are certain that that what you are that you know it for certain and that sometimes you say.. but I am down... but I am ignorant.. but I have to grow... but I must then continue with a wish that you grow

and that you will not be ignorant forever and that in time you will be able to understand what maybe still a responsibility for you. Don't narrow your world too soon. Spread it out as far as the horizon can go as far as the earth will allow you and then when you go up on a vertical line when you will see more of the earth and your world will enlarge itself more and more until finally that what is the earth becomes a little point and it will include then our solar system. Where will you go this coming year, what will you pray for before the New Year starts. What will it be within yourself in relation to the possibility of developing your inner life. What kind of tasks do you dare to give yourself. What are the relationships that you preciously cover for yourself and keep privately to which you want to give certain food in the right way. What is it that as relationship you have already as a responsibility, that you must follow because you have said ABC and you must continue because that is the alphabet of your responsibility. Take care of yourself. Be really as open as you can be, ~~as~~ careful as you can be, considerate as you can be, loving as you can be... towards mankind, towards animals, towards enemies, towards that what you find to do with you hands, to care for it... to take care of the precious time which is still alloted to you. Again I say young as you are who knows... but take care now... what is the aim that connects all of us when I talked about it today... that aim that constantly should be in one's mind and in one's heart, what is the reality of that aim... it is our death. That will help us to understand what is meant by solidarity. Again it does not matter if your years are added and added and that constantly this kind of thought is posponed a little bit but because everything seems to be so healthy and so lovely... but that the realization of "one is mortal", all you have to do is to look in your hands and you see the two "M", in your right hand and your left "M,M" "Memento Mori" that is for a human being "homo" that what he feels, that what he knows,

what he is with his right hand, having lived that long and developed that and with his left hand that what was potential and stays there to remind him how he used to be, free and clear and open and willing to dedicate his life as given to him on earth. If he could understand it through the understanding of that what is mortal within, the dedication could become immortal to his Endlessness.

I hope all of us will have a good year. Good night.

Transcribed and typed by Nicole Chabert
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